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Carbon-monoxide scare leads to new detectors at ice arena



Photo by Kelby Lorenz
An Olympia machine resurfaces the ice in between periods of Friday's game at the Lindenwood Ice Arena. One of the rink's machines caused a carbon-monoxide scare earlier this semester.

Phil Scherer
Reporter

A carbon-monoxide scare at the Lindenwood Ice Arena earlier this month has led to the installation of detectors throughout the facility as well as increased maintenance campus-wide to ensure they remain operational, officials say.

Although Lindenwood officials initially said the facility had no detectors, Scott Queen, Lindenwood's director of marketing and communication, said in an interview last week that the information was incorrect. The building did have a detector, but it was no longer functioning correctly. It has since been repaired.

The carbon-monoxide levels caused at least 19 hockey players to seek treatment at the hospital. The emissions were determined to be coming from one of the Olympia ice resurfacing machines.

Levels of carbon monoxide registered over

200 ppm directly on the ice surface; a level of 10 ppm is said to be unsafe.

Queen said the elevated levels of carbon monoxide were not limited to the ice surface. The arena has two ice surfaces, with an area in the middle where the concession stand and access to the seating area are located. Levels in that area, which spectators would have been exposed to, were "about a third of what they were on the ice," which is still unsafe, according to Queen.

The ice resurfacing machine that caused the issue has since been repaired. Queen also said that the arena's second ice resurfacing machine was being repaired for an unrelated issue at the time of the incident, but that both are operational.

On the night of the incident, a player on the University of Wisconsin's women's hockey team began experiencing symptoms of carbon-monoxide poisoning, which are similar to the flu. For precautionary reasons, 18

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Student files lawsuit over fall from bunk bed in dorm

Aeriel White
Reporter

An international student who fell out of his Belleville campus bunk bed has filed a federal lawsuit against Lindenwood University, alleging it didn't provide safety devices to prevent his fall.

It is unclear whether Javid Hashimzade, of Azerbaijan, is still a student, but according to court documents from the U.S. District Court for the Southern District of Illinois, he was attending classes at Lindenwood's Belleville campus at the time of the accident in October 2014.



Photo from LinkedIn
Javid Hashimzade

Hashimzade was living in an apartment, furnished by Lindenwood, in the 2600 block of West Main Street, the suit says. On Oct. 1, 2014, he was in the top bunk and fell out of it onto the floor. Hashimzade claims he injured his left wrist, eye, nose and face.

The suit says Lindenwood failed to provide guardrails, failed to inform him that guardrails were available and prohibited students from separating the bunk beds so that neither roommate had to sleep on the top bunk.

Lindenwood attorney Melissa Null could not be reached for comment, but in a response filed with the court, she denied the allegations, stating Hashimzade "failed to exercise due care for his own safety" by carelessly using and sleeping in the bed without the guardrails and not requesting the guardrails, leading to his injuries.

Hashimzade is seeking more than \$75,000 and court costs plus compensation for present and future medical expenses, pain and suffering, lost wages and disability.

Hashimzade is represented by Marc Parker of Parker Law PC in Maryville, who could not be reached for comment.

A settlement conference currently set in the case for April 24, but if an agreement cannot be reached, a trial date is set for September 2017.

Skating for a cure



Photos by Kelby Lorenz
Top:
Emma Hare (15), a member of the Lindenwood women's ice hockey team, skates with a group of young fans during the free skate after the Pink the Rink game Friday.
Left:
Lindenwood students yell out "move on" in response to a referee's call during the third period of the Pink the Rink game.
The Lions lost 5-0 to Syracuse University.



Illustration
by Rachel
Schuldt

Access to counseling center leads to rise in students seeking help

Kelby Lorenz
Editor-in-Chief

Lindenwood's counseling center has seen a 20 percent increase in students seeking help since moving to Evans Commons last fall, according to Director of Counseling Joe Cusamano.

Cusamano said he believes the main reason for the rise in students seeking help is access.

"Since we moved here, it's been night

and day," he said. "You wouldn't think that two blocks would make a difference, but it does."

According to Cusamano, a new counselor, Jessica Morris, will assist with all of the new students seeking help. Anxiety and depression are the two most common issues counselors see, he said.

"We're looking at seven or eight different areas of what's going on with this person," he said. "Then we're asking this person, 'Why are you here?' and they're telling you why they're here. What you're trying to do in one or two sessions is determine what the primary purpose of the person coming is."

Some of the areas that are looked at are family history, genetics and the student's grades in school, according to Cusamano. From there, Cusamano and Morris will make a decision as to how the office will be best suited to help.

When students are facing potential mental health issues, ranging from test anxiety to panic attacks, they are encouraged to make appointments with Cusamano. He said that students should make an appointment once the issue begins to "interfere with their ability to focus on their main purpose of being here, which is to learn," he said.

He said that even though every case is unique, students feeling effects that could be related to anxiety or depression lasting around three to six days should seek help from the counseling center.

Cusamano also advised that students and faculty can keep an eye out for potential mental health issues. He said that if anyone notices a "radical change in a person's personality," it could be a sign of a mental health issue.

Fellow students are encouraged to help the student by listening attentively and remaining calm, according to the university counseling center's website.

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NEWS



Photo by Essi Virtanen
Protesters gather on Market Street outside of Union Station Saturday morning to march in support of human rights during the Women's March on St. Louis.

St. Louis marches for human rights

Local women's march echoes demonstrations across the country

Michelle Sproat
News Editor

Members of Lindenwood's Gay/Straight Alliance walked with over 10,000 people downtown for the Women's March on St. Louis. Marches sprang up in major cities all over the country on Saturday in solidarity with the Women's March on Washington in Washington D.C.

The marches happened the day following the inauguration of President Donald Trump. According to the Women's March on Washington official website, their purpose is to "send a bold message to our new government on their first day in office, and to the world that women's rights are human rights."

Lacie Jett-Ricketts, a member of Lindenwood's GSA officer board and the Pride St. Charles advisory board, said that she marched in St. Louis to support her community.

"I marched in solidarity with the Women's March on D.C.," said Jett-Ricketts. "With me being in the LGBT community, I felt I needed to be there to support and represent who I am and what I'm there for."

Three members of the Lin-



Photo from Lacie Jett-Ricketts
Protesters march on Market Street in St. Louis toward Luther Ely Smith Square as part of the Women's March on St. Louis Saturday morning.

denwood GSA board were involved in a car accident the night before the march. GSA Secretary Alison Smith, Vice President Brooke Parker and President Kelsey Smith were driving on Zumbuhl Road after getting supplies for T-shirts and signs from Wal-Mart.

They were sideswiped by a driver while they were waiting at a red light. All three of them were in the emergency room until 1:30 a.m. Saturday. As a result, Kelsey Smith had a concussion, Parker had a torn bicep and Alison Smith had back complications.

All three of them marched a few hours later. "We still dyed our hair and still had shirts to finish," said Kelsey Smith. "I didn't go to bed until 4 a.m. Then we got up at 6 a.m. to go to the march."

Alison Smith said that she watches the news and all she

hears is "hate for people like me and people I love."

Her mindset was changed after participating in the march. "On Saturday I was one person among thousands who are like me and who do not want to see this country lose its progress," she said.

Regardless of the long night and injuries sustained, the three were proud to march that morning. "I'm gay, and I'm a woman," said Parker. "It was a personal statement; I was doing something for myself and for future generations to come."

St. Charles city in competition for Smart Cities Council Grant

Lena Kirchner
Reporter

Imagine an app that would help motorists easily find parking spots while at the same time showing police where to find parking violators.

The technology could be coming to St. Charles if it is one of five U.S. cities awarded a Smart Cities Council Challenge Grant on Jan. 31.

The planning grant does not include money but is a workshop to improve service and better the community with the application of smart technologies, according to city officials.

St. Charles has applied for a grant before, but this year it partnered with St. Charles County to meet the population size requirement of 100,000 people, said Matthew Seeds, the city's IT director heading up the Smart Cities initiative.

"Last year we were not in a position to apply, but now the full understanding of what it means to be a smart city evolved within the city's administration," he said.

The plans developed by the city to introduce smart technologies apply to three different areas: transportation, public safety and health and human services.

In addition to the parking app, the city plans to introduce a trolley on Main Street in the next spring/summer that is available for rides around downtown St. Charles.

Information stands will be installed so people can access resources, such as maps and navigation, but also useful phone numbers in cases of emergency.

Also, data will be stored so that all instances of the St. Charles administration and first responders can access the same information.

St. Charles Mayor Sally Faith said she is excited



Photo by Kearstin Cantrell
Cars line the curb on Main Street at sunset during the fall of last year.

about the ideas presented in the application, and believes they would enhance the residents' lives.

"These are the ideas of the future, and it is our responsibility to ensure we keep St. Charles moving forward," she said.

St. Charles is competing for the grant against approximately 200 other cities. Seeds said grants are most likely to be given to metropolitan areas larger

than St. Charles.

"However, I think we have a good long shot," Seeds said. "We are generally very optimistic and have submitted a very good application to the council."

If St. Charles will not be chosen among the top five cities, the plans will not be dismissed, said Seeds. The city and the county will still be working to put them into effect, even though it might take a little longer.

Briefs

Business school hosts poverty speaker

The Plaster School of Business and Entrepreneurship will host a speaker series that will focus on capitalism and poverty.

The speech will be presented by Hernando de Soto, president of the Institute for Liberty and Democracy in Lima, Peru, and author of the book "The Mystery of Capital: Why Capitalism Triumphs in the West and Fails Everywhere Else," according to a press release from Lindenwood's website.

The event will be held at 10 a.m. Friday, Jan. 27 in the Dunseth Auditorium.

Trial date for Sims moved to February

The plea hearing for Kenneth Dale Sims II, a former Lindenwood assistant football coach, has been changed. This is the fourth time the plea hearing has been rescheduled since its original date of Dec. 14. Sims was arrested in June 2016 for felony drug charges of distribution or attempt to possess a controlled substance with the intent to distribute. His next hearing is scheduled for Feb. 22.

School of AMC gets new degree options

The School of Arts, Media, and Communications is set to introduce a slate of new degree options for the fall 2017 academic catalog.

The new offerings will include bachelor degrees in digital content strategy, game design, digital art, fashion business and entrepreneurship. There will also be master degrees available in digital content strategy, fashion business and entrepreneurship, music education, advertising, art history, communications with a broadcast or mass communications emphasis, interactive media and web design and journalism.

Check out more content on Lindenlink.com!

NEWS

Smash it!



Photo by Lindsey Fiala
Leo Panziera, an international student from Brazil, participates in the “Beat the Bearcats” Car Smashing on Wednesday. The event was held by Campus Outreach on the Evans Commons Lawn. Students got one free swing at the car and a raffle entry to win prizes including a free TV. With a \$5 donation, students could get additional hits and raffle entries.



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Lion Pride Market sells fresh produce

Lindsey Fiala
Reporter

The Lion Pride Market officially became a farmers market Fridays in an effort to bring fresh fruit and produce to students.

Catering Director in Student Development Administration Nancy Tinker said that the farmers market will be available to all students every Friday through January from 7 a.m. to 7 p.m.

The selection includes apples, oranges, potatoes, melons, pineapples, grapes and asparagus.

Emma Marsoun, Lindenwood student and cheerleader, was happy with the assortment of food offered at the market.

“Being a full-time student athlete with a job, I rarely have time to make it to the grocery store,” said Marsoun. “I live in women’s housing with a full kitchen, so I can quickly cook up some veggies after cheer practice.”

According to the farmers market flyer, students are able to purchase foods from the market with dining dollars, cash or credit cards.

Tinker said that the farmers market idea was created with students in on-campus housing in mind as they have the ability to cook in their housing.

“This is all about convenience,” said Tinker.

According to Tinker, the fresh fruits and vegetables are currently coming from a large distributor, but as the foods come into season, Lindenwood will begin to get the fruits and vegetables from local farmers.

The prices and selection of the farmers market will vary by week depending on the feedback from students.

Tinker hopes that they will be able to keep changing the menu to allow for variety and to satisfy what the students want.

Carbon Monoxide | Continued from A1

players from Lindenwood’s team went to the hospital and were treated with oxygen before being released, Queen said.

An official with the St. Charles County Ambulance District confirmed that additional members of Wisconsin’s roster and Lindenwood coaches drove themselves to the hospital for precautionary reasons. The official declined to comment on whether any spectators were treated as a result of the incident.

Counseling | Continued from A1

The site also says that students who are trying to help should remain genuine and encourage professional help. Training programs can be taken online through the center’s website.

Cusamano also said that the counseling center is set up to allow the most privacy possible for those who come to get help.

Each room has curtains and blinds on the windows so that nobody can see in from the Evans Commons cafeteria, and frosted windows to keep people from looking in or out while working with the staff. In addition, Cusamano said that the layout of the office allows for privacy from the waiting room to the hallway.

“From the waiting room we have a flow through here that takes you straight to the hallway,” he said. “So you don’t have to go back through the



Photo by Lindsey Fiala
Fresh produce for sale at the Lion Pride Market in the Spellmann Center.

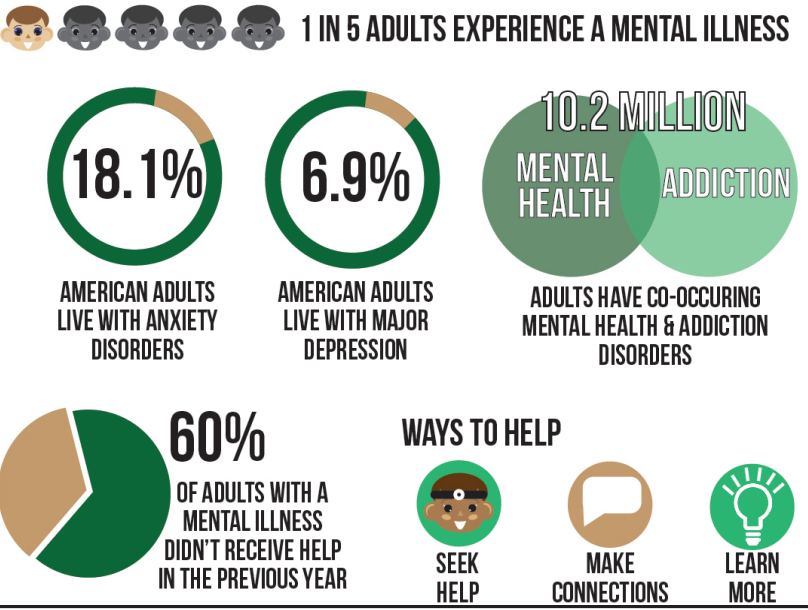
ing the menu to allow for variety and to satisfy what the students want.

“The success of the farmers market is up to the students,” she said. “If you like

it, let us know.”

Anyone with any suggestions or ideas for the market is urged to share by emailing them to dining-services@lindenwood.edu.

MENTAL ILLNESS STATISTICS



Design by Kelby Lorenz

waiting room or meet other people.”

Cusamano said that being partnered with the health center helps, because all of the students are gathered in the waiting room before moving back. “You could be here because

you have the sniffles, or because you’ve had a panic attack,” he said.

The counseling center is located on the third floor in Evans Commons. Students can set up appointments by calling 636-949-4525.

OPINIONS

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publications!

Inauguration statements set vague tone for Trump's term

Tyler Tousley
Opinions Editor

Across the country, people cheered and protested as President Donald Trump was inaugurated on Friday. This set the tone for his administration, while staying true to his ambiguous statements that don't really mean a thing. The night before the swearing in, he kicked off the celebration with an inauguration concert that was a little rocky. There was a long list of musicians who declined the invitation to perform for the incoming president, including Elton John and Katy Perry. Even for the swearing-in ceremony, he had an America's Got Talent contestant sing the national anthem, not even the winner of the show, let alone someone who is actually relevant. This is a stark difference to Obama, who had stars like U2 and Beyonce performing for his inaugurations. The speech from Trump was nothing spectacular. He filled it with vague, broad statements about how we all bleed the same color and how he will fight for Americans. Something that struck me as interesting was that at the

beginning of his speech, he made sure to create a "them and us" theme. He portrayed the politicians who have been "profiting" as separate from the "we" of the average citizens who have not seen that profit, making sure to include himself in the "we." He later switched to referring to the lower and middle class and marginalized groups as "them," keeping the separation from those groups of people. Everything he spoke about unity and giving the power back to the people is nothing new to hear from our leaders. What caught my attention in relation to this concept of change was that it is the polar opposite of what the rhetoric around Trump has been from the beginning of his campaign all the way up to the inauguration. I appreciate his attempt at unifying our divided nation, but I don't think it is enough. Bringing in these intense social issues to his speech is something that presidents do not always do, which is also a positive step. The problem is that he has been incredibly inconsistent, saying he'd never said things that there is video of him saying in the last few months.



Illustration by Legacy staff

Because of this, I have a very difficult time believing any of the wonderful, yet non-specific, things he said in his speech. What will make me believe those things is changing his behavior and appointing people who will follow through on those speech points. Trump's inauguration was nothing special to say the most. At the end of the day though, he is still the president, and I can only hope that he keeps the ship afloat.

Election shed bad light on news media

Tyler Tousley
Opinions Editor

This election cycle has made me concerned about news media and my future in it. It's common knowledge to people on every side that coverage by the media has been awful in many ways. One area "exposed" was bias in news media. This bias is not a new phenomenon, however. When covering the facts, which is generally at least

part of the intention, it is difficult not to form any kind of opinion. Some anchors and reporters do a better job than others at hiding their opinions, but there is no such thing as an objective third party. This is not exactly what concerns me, though. After his victory, it was difficult to turn on the news in the morning or evening without coverage of Donald Trump's latest tweet. It's no secret that I don't support

President Donald Trump. That said, as a U.S. citizen, I do hope that I am incorrect, and he is great for the country. Regardless, I was a little bitter about his victory, so I did not want to hear much of the sensationalized garbage that the evening news was reporting about him. We were not following the Twitter feed of President Barack Obama or any of the other potential candidates. If Trump was tweeting something important

for Americans to know, such as when he plans to reveal his replacement of the Affordable Care Act, then I wouldn't mind a short news blurb about it. But when he is engaging in petty online fights, I don't want an entire news segment covering it. If I cared about whom he was fighting with on social media, I would be following him on social media. This over-sensationalized and oversaturated news on Trump has shown

me that there are things that I do not want to keep up on. As somebody who was planning a career in media, this is a hard pill to swallow. Keeping up with what is happening in the world is so vital to being in media, but the way the election and post-election coverage has been presented have made me question not only my own future in the industry, but the future of the industry itself.

Technology may not be as private as millennials think

Keegan Reynolds
Reporter

It's becoming evident that we have become too comfortable with technology as a society. Most millennials don't think twice about entering personal information into our computers, iPhones and tablets and then agreeing to the wordy terms and conditions without considering what lurks in the fine print. Many of us today have the mindset that our information is fairly safe when it comes to technology. Unfortunately, this is far from the truth, and keeping our personal information secure is becoming more and more unlikely as technology continues to advance at unprecedented rates. Throughout the last decade, smartphones have become an essential part of everyday life to our generation. We use them for everything from social media to phone calls, texting, directions and a copious number of other features. The NSA and our government have been quick to use the prominence of smartphones to be able to intrude on American citizens' privacy. Whistleblowers from different organizations of the U.S. government have released information that these governmental agencies have the technology to essentially take full control of our cell phones, includ-



Illustration by Tess Augustyn

ing the microphone, camera and any information stored within, whether the phone is on or off — an idea that would make most uncomfortable to say the least. Like the government, criminals have taken advantage of technology and have used it for their own gain. In our ever-changing world, people's identities are constantly at risk of being stolen. Once hackers with ill intent find their way into

your device through malware or other means, all stored personal information is available to them, including credit card numbers and social security numbers. These cases often lead to identity theft, which was reported to happen about every two seconds in the United States in 2013. As technology advances, I am sure that identity theft will become even more prominent. For example, hackers

as of recently have been able to copy people's fingerprints through high-definition photos to aid in the stealing of their identities. Corporations have even found invading American citizens' privacy as profitable. Several companies have popped up in the last several years solely to collect information from internet users (spending habits, search histories and potentially more critical informa-

tion, such as medical and financial information) and creating an individual profile for each internet user that is often sold to some of our favorite companies from around the world. This act is known as data-mining. Many companies have found a way around using a third party to collect information and offer free Wi-Fi in exchange for tracking your information. This, perhaps, can be best exemplified with the popular store Nordstrom, which came under fire in 2013 after employing this method of technological tracking to access customers' information. As one would expect, most businesses doing this do not go to great lengths to advertise that you are giving them full access to your phone. These examples of privacy invasion through technology do not even scrape the surface of how deeply troubling these intrusions are. Our technology has grown faster than laws for privacy, and because we have become so used to technology in our lives, we store extremely important personal information within our devices without a second thought. While we may not have control over who may be monitoring us, we do have the power to decide what information we put into our devices and what policies we agree to.

SPORTS

Lion Line leaps to nationals

Team reclaims title in open jazz; earns third in hip-hop



Photo from Lindenwood Athletics
Lindenwood Lion Line celebrates a national win in Orlando, Florida.

Ashley Lowtharp
Reporter

The Lion Line won its seventh title at the National College Dance Team Championships Jan. 14 and 15. The team performed open jazz and hip-hop routines and placed first in the open jazz division. It was the second time Lion Line captured the open jazz title; the first came in 2015. When the team was announced the winner, sophomore dancer Gina Bundra said she was overcome with emotion.

“There were instant tears, and I thought, ‘We did it,’ she said. “That one moment was totally worth the work. All glory to God!” The team also placed third in the hip-hop division, which they have won five times. The Lions danced against 17 other collegiate teams and finished in the No. 1 spot, in front of the University of Saint Thomas and the University of Minnesota-Duluth. Over winter break, the team practiced twice a day. In previous years, the Lion Line spent the first week of

J-term preparing for nationals. However, this year they had to find a balance between starting the new semester and attending lengthy practices. At the competition, the Lions brought the heat to the performance floor with a dance routine about relying on one another. “There were no nerves backstage, just many emotions and excitement to put their trust in God that he would allow them to perform their absolute best,” Bundra said. In the end, they brought a gold medal back to Lindenwood.



Photo from Lindenwood Athletics
Lion Line poses with its third-place hip-hop and first-place open jazz trophies.

Lindenwood academic coordinators provide guidance, NCAA athletes earn record-high GPA

Phil Scherer
Reporter

Lindenwood’s NCAA athletes collectively made up one of the strongest academic groups in all of collegiate athletics this past semester, putting together a 3.34 GPA, the highest in program history. Besides the athletes themselves, the athletics academic coordinators who meet with the NCAA student athletes on a daily basis to promote “student success” are excited about that number, said Casey Finnell, assistant athletics director for Academic Services. “It’s unbelievably impressive,” Finnell said, talking about the high GPA accomplished last semester. Finnell, along with Shawn Nagel and Rachel Mohr, make up the team of academic coordinators, along with the graduate assistants. The three coordinators, who split the responsibility of meeting with the athletes from all of the different NCAA sports, “help them to grow and develop as student athletes, as well as people, and helping to prepare them for life after college,”

Finnell said. The way that Finnell describes their role to the student athletes is that “coach takes care of the athlete part, and we take care of the student part.” Not to be confused with the student athlete’s academic adviser, the academic coordinators act as a support system for the students, making sure everything lines up for them to set up a system for optimal success. “We help them make sure that they’ve got their schedules set up in a way that they can still attend practice and do the athlete part and to make sure they are taking the right balance of classes so they can still do the student part,” Finnell said. Different student athletes require different levels of attention from the coordinators, who are located on the second floor of the Student-Athlete Center. For example, freshmen are required to meet with their coordinators periodically to make sure they are adjusting to college life properly and to make sure they are able to handle the stress of balancing the academic side with the athletic side, especially when it comes

to adjusting to a hectic travel schedule. The coordinators continue to work with the students as needed throughout their time at Lindenwood, depending on the level of academic success the students attain. In addition, coordinators work with the counseling center as well as the career center to try to help students out with maintaining good physical and mental well-being while they are here, as well as trying to help set them up for success once they leave Lindenwood. All three of the academic coordinators come from an athletic background. Finnell competed in equestrian at Kansas State University and also acted as a coach for the team before moving on to academic services work. Nagel came to Lindenwood in 2004 with former head football coach Patrick Ross and acted as the defensive coordinator for the team through the 2010 season. He is now a member of the Lindenwood Hall of Fame. Mohr competed on the Saint Louis University field hockey team throughout college. Nagel said that he believes his coaching background is a



Photo by Nao Enomoto
Student athletes spend time in the SAAC study hall in an effort to keep their GPAs up.

benefit to the position because he knows what’s going to make them tick or what’s going to get them to understand. “And then also knowing what the coach wants and how they’re thinking and want from the student athlete,” he said. Mohr agreed that her athletic background is helpful in her position, mainly because it allows her to relate to the student athletes. She believes they see her as someone who has gone through the same types of challenges they are going through and that they are more willing to open up about the things they are going through. Although Finnell agrees that it helps to be relatable, she also sees a downside in her athletic background because she knows what the student athletes can handle and is less likely to give them slack where people without athletic backgrounds might when it comes to assignments or attending classes. Overall, all three agreed that it is their job to make sure all of the more than 600 NCAA student athletes are given the necessary tools to succeed in the classroom here at Lindenwood and are well-prepared for life after college in whatever careers they choose to pursue following graduation.

Weekly Sports Recap		
Jan. 20-22		
Women's Basketball 79-59 loss vs. University of Central Missouri	Women's Gymnastics 191.025-190.625 win at Southeast Missouri State University	Men's Basketball 82-75 loss vs. University of Central Missouri
Women's Ice Hockey 5-0 loss vs. Syracuse University 3-0 loss vs. Syracuse University	Men's Ice Hockey 6-2 win at University of Illinois 4-3 loss at University of Illinois	Men's Volleyball 3-0 loss at Grand Canyon University 3-2 loss at Grand Canyon University

SPORTS

Pink the Rink raises \$2,300 for breast-cancer awareness

Madi Nolte
Reporter

The women's ice hockey team raised \$2,300 during its fifth annual Pink the Rink game last weekend against the Syracuse Orange.

Drew Hill, event management coordinator of Lindenwood, said last year's event raised \$2,000, and this year's aim was to clear that mark.

Over five years, the event has raised over \$12,800 cumulatively.

"Our overall goal is to simply raise as much awareness as possible," said Hill. "If we can fill the arena, then we've done our job. The more people learning about breast cancer, the better."

Fundraising efforts included T-shirt sales, a 50/50 raffle, a "chuck-a-puck" contest, as well as an auction of the Lions' game-worn jerseys.

The proceeds from Pink the Rink will be donated to Gateway to Hope, a local

foundation. The organization's mission is to secure comprehensive care and provide financial assistance to those who have been diagnosed or are at high risk for developing breast cancer.

The Lindenwood ice arena was decked out in shades of pink, from the blush-covered balloons to the carnation-colored ribbons.

The Lions themselves wore fuchsia jerseys accented with the Lindenwood black and gold.

Fans packed the stands, including members of several sporting teams who cheered spiritedly during the game.

Dawn Van Houten, executive director of Gateway to Hope, dropped the puck in a ceremony before Friday's game.

Lindenwood lost the game 5-0.

Syracuse controlled the game during the first period, leading 3-0 at the first buzzer.

In the second, both sides failed to score.

The Lions entered the final period trailing 3-0, and after a total of 60 minutes of play, lost 5-0.

The Orange outshot Lindenwood 36-14, scoring on four of 11 power-play chances, compared to the home team's zero goals on six power-play opportunities.

Taylor Girard led the Lions in shots, with 4 shots on goal. Lindenwood goalie Jolene deBruyn stopped 31 of 36 shots.

Lindenwood lost the second game of the series against Syracuse 3-0 on Saturday, bringing the Lions' record to 5-16-2 and 3-8-1 in conference play.



Photos by Kelby Lorenz
Top:
Junior forward Brittania Gillanders controls the puck during the Pink the Rink game against Syracuse University.
Left:
Junior Xylia Lang skates with a young fan during the open skate time after the women's ice hockey game Friday.



LU cyclist reaps rewards of hard work, dedication

One season, three collegiate national gold medals

Miguel Rincand
Reporter

From winning two mountain-bike national titles to winning the Cyclocross nationals, Hannah Finchamp, a cyclist on Lindenwood's team, has had a season worthy of a champion.

Finchamp trains seven days a week and not only competes for Lindenwood but also the LUNA pro team, the most successful team in the history of mountain-bike racing.

"Cycling has taught me a lot about dedication, passion and how those things go together," she said.

Finchamp's season started in the spring when she won both mountain-bike nationals, which was her main goal for the season.

Her season wrapped up a month ago when she finished first in the Cyclocross nationals, becoming a three-time national champion.

"Winning the Cyclocross nationals was the icing on top of the cake," said Finchamp.

Winning these championships has not only made her a better cyclist, but also a better and a more determined person, she said.

"I have learned that when you want something bad enough, you are willing to dedicate a lot of time to it," said Finchamp.

Finchamp is not only a cham-



Photo by Carly Fristoe
Junior cyclist Hannah Finchamp shows off her Cyclocross bike after nationals.

pion, but also a role model, said teammate Kyrstin Bluhm, who has been training side by side with Finchamp for the past three years.

"Hands down, Hannah is the most dedicated, hard-working and supportive person on the team," said Bluhm. "She has a positive impact on all of us. When I don't feel like training, she pushes me to become a better cyclist."

Even though Finchamp is almost done competing with Lindenwood this year, she will compete professionally in the summer, when she hopes to end the race the same way she did in November: in first place.

"I have learned that when you want something bad enough, you are willing to dedicate a lot of time to it."
-Hannah Finchamp, Lindenwood cyclist, national champion



LINDENWOOD
Student Athlete Spotlight

Kendra Smith

Sport: Track and Field

Age: 21

Birthplace: Ottawa, Canada

Year in school: Senior

Major: Marketing



*Photo from
lindenwoodlions.com*

Q: How long have you been playing sports competitively?

A: Sports as a whole since I was 5 (this doesn't include track, though).

Q: What are your game-day routines?

A: Every night before a meet I take an ice bath so my body feels fresh and ready to go. The morning of the day I compete, I will watch professionals and previous Olympic triple-jumpers to mentally visualize how I want to look while competing.

Q: Who have been the most influential people in your sports career?

A: My parents, siblings, coaches and close friends who support and push me no matter what.

Q: Who is your favorite athlete?

A: Honestly, I really don't have one. I enjoy watching sports and following things, but there isn't any particular athlete that I follow wholeheartedly.

Q: In 10 years I'd like to:

A: I'm not sure where I want to be living, but I hope to be settled in with my career and have my own family and finding other means outside of track to keep a healthy and active life.

Q: If you could vacation anywhere, where would it be?

A: I've done a little bit of traveling already and would love to continue; however, the place I would love to go for vacation would be Barbados, since that is where my parents got married.

Information from Kearstin Cantrell

 LU Legacy Newspaper + Lindenlink

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Patients speak through their art

Therapy allows people to communicate non-verbally, express themselves

Essi A. Virtanen

A&E Editor

A teenager discussing his alcohol or drug problem. A man with dementia or Alzheimer's. A veteran suffering from post-traumatic stress disorder. A child with autism who has difficulty communicating his emotions.

These are examples of people art therapy has helped.

"Because of the nature of art therapy, it is very flexible as to how it can be applied," said James Hutson, the director of Online and Graduate Programs.

He said the notion of art therapy being "a newly formed kind of social science that is still not well known" in the social sciences community still exists.

However, it is the second-highest enrollment and degree choice for those seeking studio art degrees at Lindenwood.

Lindenwood offers a Bachelor of Arts degree in studio art with a minor in psychology with an emphasis in pre-art therapy; that prepares students for the two-year art therapy master's degree required to become a certified art therapist.

Currently, 23 students are in the program.

One of those students is Elizabeth Maenpaa, who picked pre-art therapy because she liked the idea of using something she loves to help other people.

"It stands out from other forms of therapy in that you can still work with people who aren't necessarily ready to talk about what they're

going through," Maenpaa said. "Using art is a tool to help them work through things they can't always verbalize. That's where the art can do the talking and give them an opportunity to still find help they need."

Maenpaa did an internship in St. Charles for Preferred Family Healthcare in "Achieving Recovery, Resiliency & Responsibility Through Creativity" program where she worked with people who had substance-abuse problems.

Hutson said another common internship opportunity students have had has been to work at St. Louis Children's Hospital with patients.

"Primarily it's diversionary, so giving them projects to work on that enrich their lives but also distract them from the fact that they are in the hospital and they might be frightened or suffer from depression at the same time because of it," he said.

Professor of psychology Marilyn Patterson said what makes art therapy special is that "art speaks to us."

She said if an art therapist asked a patient to draw anything or just choose colors, the therapist's job is not to "interpret" for the person what the person meant by the drawing.

"You let them tell you," Patterson said. "So they're working through you. You're like a catalyst, not an interpreter. But then you don't tell them how they feel either, when they put what they do on paper. You give them an invitation to talk about it, that's all."

For more information about art therapy, visit www.arttherapy.org.



Illustration by Tess Augustyn

MOVIE REVIEW - 'Split'



A psychological thriller with strong cinematography, but that is basically all it offers.



Photo from Vimeo
Scottish actor James McAvoy stars in "Split" portraying a man with 24 personalities.

Tyler Tousley

Opinions Editor

"Split" is a psychological thriller written, directed and produced by M. Night Shyamalan that follows the kidnapping of three teenage girls by a man with 24 distinct personalities.

The film, which came out Friday, is a strong but unoriginal example of everything audiences have come to expect from an M. Night Shyamalan movie.

The strongest part of the production was the cinematography. Shyamalan used well-framed and purposely blocked shots while switching back and forth between first- and third-person points of view. The first-person shots provided a sense of anxiety for the viewer, not being able to see every single aspect of the setting. The shots were blocked in a way that clearly reinforced how the viewers are supposed to see and feel about the characters in each scene.

Although the shots were done very well, several shots were centered and/or rotating, which felt more like a gimmick to make the movie more artistically creepy than a necessity to propel the film or its themes. The editing choices in some spots were also questionable, letting some shots drag on longer than needed and using several fade-into-black transitions that felt lazy on the editor's side.

The colors used in the film were strong, giving the audience no question about how

they were supposed to feel. And, if there was still any question, the obvious thriller music was there to reinforce the mood.

Throughout the bulk of the film, not much actually happens, but due to anticipation built up by the characters, setting and music, it keeps viewers on the edge of their seats. This is characteristic of a psychological thriller, however, so it was not entirely surprising.

The idea behind this film is an interesting one, and it does have a couple of subplots to keep the story going. One of these is about the kidnapper's doctor who is trying to raise awareness of dissociative identity disorder within the medical community. This is an interesting plot device because the film itself does not present the disorder in a positive light. It seemed as if Shyamalan used this to raise awareness outside of the film as well, but presenting the main character as a patient suffering from this disorder who kidnaps and harms others may not be the best way to start a social conversation about the disorder.

Even though Shyamalan is known for his plot twists, he did not entirely deliver in "Split." The end of the film and what might be considered a "twist" were not difficult to figure out before the movie was halfway over.

Overall, "Split" was a well-shot, run-of-the-mill psychological thriller that brought nothing new to the table other than a flawed conversation starter about dissociative identity disorder.

TV-SHOW REVIEW - 'Series of Unfortunate Events'



The tragic tale of three orphans with no sign of anything positive happening anytime soon.

Michelle Sproat

News Editor

If you're looking for a heartfelt and uplifting show to watch, this is definitely not a show for you. However, if you're interested in watching a show about three miserable orphans who are constantly on the run from a murderous former caregiver, then you'll enjoy Series of Unfortunate Events.

The show follows three orphans, Violet, Klaus and Sunny Baudelaire, who lost their parents and everything they own in a terrible fire. Upon their parents' death, the children inherit a large fortune which cannot be accessed until the eldest Baudelaire, Violet, turns 18. Arthur Poe (K. Todd Freeman) is the clueless banker who is in charge of the Baudelaire fortune and the children's custody.

In the Baudelaire parents' will, they instructed their children to live with the closest living relative. After hearing about the Baudelaire fortune, the money-hungry Count Olaf (Neil Patrick Harris) convinces Mr. Poe that he is the nearest relative, although he does not have any connection to them at all.

Olaf's plan is to get the Baudelaire fortune and dispose of the children accordingly. One way or another, Count Olaf ends up in the lives of the Baudelaire orphans. No matter how far they run or how hard they try to get away from him, their efforts never work. It doesn't help that Poe insists the children are just imagining the horrors of Count Olaf.

This Netflix original series premiered on Jan. 13. There have been mixed reactions to Neil Patrick Har-



Photo from Flickr user CHRIS DRUMM
Illustration of the Baudelaire orphans on Lemony Snicket's first book.

ris' casting as Count Olaf. People claim that Harris is not terrifying enough to play the devious role. In this series, Harris uses the absurd nature of Count Olaf to make his character disturbing, which provokes a different type of fear.

In the book series by Lemony Snicket, Count Olaf is portrayed more dangerous than he is in the show. Regardless, comparing the book and the TV show prove two different types of terror, and both are extremely messed up.

Viewers, be warned: This show is fun to watch, but don't expect any positive twists. The tale of these orphans is not a happy one and there will not be a happily ever after.

A&E

Astonishment artist comes to LU

Butler Loft turns into a stage for hypnosis, magic, physical stunts

Lindsey Fiala
Reporter

Lindenwood’s first Friday Night Live Series show of the spring semester, astonishment artist Mat LaVore, is going to leave the audience speechless.

LaVore will be performing his mystery entertainment show, Magic & Mystery, on Friday, Jan. 27.

According to LaVore’s website, he has performed at schools and universities as well as businesses such as Gartner Inc., Clear Concepts Inc., Lastar Inc. and Home Depot.

LaVore mentioned in an interview with Fox News 46 in 2015 that he first became interested in magic at a young age after picking up his first magic book.

“It’s a lifetime study,” said LaVore. “It’s one of those things that you are constantly learning, which is why, lucky for me, there aren’t many magicians and hypnotists out there.”

According to his website, LaVore specializes in mind-reading, hypnosis, magic and physical and mental stunts.

CAB Event Coordinator Hannah Saputo said she met LaVore at the National Asso-



Photo from Mat LaVore’s website
Astonishment artist Mat LaVore explains hypnosis to the people onstage at Bainbridge State College on March 30, 2016.

ciation of Campus Activities last October and thought his showcase was phenomenal.

“I was very persistent about wanting him to perform at Lindenwood,” she said.

One of LaVore’s most well-

known physical stunts is swallowing needles in front of his audience.

At his shows, LaVore is able to hypnotize audience members into forgetting their own names and believing they are glued to their chairs.

He is also able to implant information into someone’s mind, figure out the name of a person when someone is just thinking about it and lastly — even predict the lottery.

Another of LaVore’s tricks

is a hidden-change trick, in which he has change in his hand and he asks people to guess how much he has. They guess, and when he opens his hand, he has the exact amount.

“I think Mat’s show will be

really neat and different from past magic shows,” Saputo said.

LaVore started his tour on Dec. 4 in Charlotte and will arrive to Lindenwood Friday to perform in Butler Loft at 7 p.m. the same day.

Fall in Love...

What does Lindenwood mean for your relationship?

SEND US THE STORY OF HOW YOU AND YOUR SPECIAL SOMEONE MET. YOU’LL BE ENTERED TO WIN A DINNER WITH CHEF STEVE GIUFFRIDA! THE DINNER WILL BE IN A PRIVATE ROOM OF EVANS COMMONS ON THURSDAY, FEB. 16.

Deadline for submissions is Jan. 31.

Voting will take place on our Facebook page from Feb. 1-10

FOR MORE INFORMATION, CONTACT A&E EDITOR ESSI VIRTANEN AT EAV069@LIONMAIL.LINDENWOOD.EDU